



### Mondays to Fridays

Between Romford Station and Bow buses run every 7-10 minutes.

|                             |      |      |      |       |      |      |
|-----------------------------|------|------|------|-------|------|------|
| Romford Station             | 0557 | 0627 | 0641 | 0653  | 0705 | 0713 |
| Romford Market              | 0559 | 0629 | 0643 | 0655  | 0707 | 0715 |
| Chadwell Heath Coopers Arms | 0609 | 0639 | 0653 | 0705  | 0717 | 0725 |
| Seven Kings Garage          | 0523 | 0538 | 0553 | 0604  | 0608 | 0615 |
| Ilford Broadway             | 0531 | 0546 | 0601 | 0614B | 0618 | 0623 |
| Manor Park Broadway         | 0537 | 0552 | 0607 | 0622  | 0629 | 0631 |
| Forest Gate Green Street    | 0540 | 0555 | 0610 | 0625  | 0632 | 0640 |
| Stratford Broadway          | 0546 | 0601 | 0616 | 0631  | 0638 | 0646 |
| Bromley-by-Bow Station      | 0554 | 0609 | 0624 | 0639  | 0646 | 0654 |
| Limehouse Londoner          | 0601 | 0616 | 0631 | 0646  | 0701 | 0716 |
| Romford Station             | 0726 | 0738 | 0753 | 0808  | 0823 | 0838 |
| Romford Market              | 0728 | 0741 | 0756 | 0811  | 0826 | 0841 |
| Chadwell Heath Coopers Arms | 0739 | 0754 | 0809 | 0824  | 0839 | 0854 |
| Seven Kings Garage          | 0745 | 0800 | 0815 | 0830  | 0845 | 0900 |
| Ilford Broadway             | 0755 | 0810 | 0825 | 0840  | 0855 | 0910 |
| Manor Park Broadway         | 0801 | 0816 | 0831 | 0846  | 0901 | 0916 |
| Forest Gate Green Street    | 0805 | 0820 | 0835 | 0850  | 0905 | 0920 |
| Stratford Broadway          | 0816 | 0831 | 0846 | 0901  | 0916 | 0931 |
| Bromley-by-Bow Station      | 0824 | 0839 | 0854 | 0909  | 0924 | 0939 |
| Limehouse Londoner          | 0832 | 0847 | 0862 | 0877  | 0892 | 0907 |
| Romford Station             | 1651 | 1705 | 1720 | 1735  | 1751 | 1810 |
| Romford Market              | 1654 | 1708 | 1723 | 1737  | 1813 | 1833 |
| Chadwell Heath Coopers Arms | 1705 | 1719 | 1734 | 1750  | 1808 | 1824 |
| Seven Kings Garage          | 1711 | 1725 | 1740 | 1756  | 1814 | 1830 |
| Ilford Broadway             | 1717 | 1731 | 1747 | 1805  | 1823 | 1838 |
| Manor Park Broadway         | 1726 | 1740 | 1755 | 1811  | 1829 | 1844 |
| Forest Gate Green Street    | 1729 | 1743 | 1758 | 1814  | 1832 | 1847 |
| Stratford Broadway          | 1736 | 1750 | 1805 | 1821  | 1839 | 1853 |
| Bromley-by-Bow Station      | 1744 | 1758 | 1813 | 1829  | 1847 | 1901 |
| Limehouse Londoner          | 1751 | 1805 | 1820 | 1836  | 1854 | 1908 |
| Romford Station             | 2346 | 2358 | 0015 |       |      |      |
| Romford Market              | 2348 | 2400 | 0017 |       |      |      |
| Chadwell Heath Coopers Arms | 2358 | 0004 | 0010 | 0027  |      |      |
| Seven Kings Garage          | 0004 | 0010 | 0016 | 0033  |      |      |

### Saturdays

Between Romford Station and Stratford buses run every 5 minutes (10 before 0930 and evenings).

|                             |      |      |      |       |      |       |       |       |       |      |      |
|-----------------------------|------|------|------|-------|------|-------|-------|-------|-------|------|------|
| Romford Station             | 0602 | 0622 | 0642 | 0702  | 0722 | 0732  | 0752  | 0812  | 0822  | 0832 | 0850 |
| Romford Market              | 0604 | 0624 | 0644 | 0704  | 0724 | 0734  | 0754  | 0814  | 0824  | 0834 | 0853 |
| Chadwell Heath Coopers Arms | 0614 | 0634 | 0654 | 0714  | 0734 | 0744  | 0804  | 0824  | 0834  | 0844 | 0903 |
| Seven Kings Garage          | 0620 | 0640 | 0650 | 0700  | 0720 | 0730  | 0740  | 0750  | 0810  | 0830 | 0840 |
| Ilford Broadway             | 0628 | 0648 | 0658 | 0708  | 0728 | 0738  | 0748  | 0758  | 0818  | 0838 | 0848 |
| Manor Park Broadway         | 0634 | 0654 | 0704 | 0714  | 0734 | 0744  | 0754  | 0804  | 0824  | 0844 | 0904 |
| Forest Gate Green Street    | 0641 | 0656 | 0629 | 0637  | 0647 | 0657  | 0707  | 0717  | 0727  | 0737 | 0747 |
| Stratford Broadway          | 0647 | 0612 | 0635 | 0645T | 0713 | 0726T | 0733  | 0746T | 0803T | 0813 | 0823 |
| Bromley-by-Bow Station      | 0655 | 0620 | 0643 | 0653  | 0703 | 0713  | 0723  | 0733  | 0743  | 0753 | 0803 |
| Limehouse Londoner          | 0602 | 0627 | 0650 | 0708  | 0728 | 0748  | 0808  | 0828  | 0848  | 0908 | 0929 |
| Romford Station             | 0906 | 1721 | 1731 | 1751  | 1812 | 2232  | 2242  | 2252  | 2302  | 2312 | 2322 |
| Romford Market              | 0909 | 1724 | 1734 | 1754  | 1814 | 2234  | 2244  | 2254  | 2304  | 2314 | 2324 |
| Chadwell Heath Coopers Arms | 0920 | 1735 | 1745 | 1805  | 1824 | 2244  | 2254  | 2304  | 2314  | 2324 | 2334 |
| Seven Kings Garage          | 0926 | 1741 | 1751 | 1811  | 1830 | 2250  | 2300  | 2310  | 2320  | 2330 | 2340 |
| Ilford Broadway             | 0935 | 1750 | 1800 | 1819  | 1838 | 2258  | 2308  | 2318  | 2328  | 2338 | 2348 |
| Manor Park Broadway         | 0941 | 1756 | 1806 | 1825  | 1844 | 2304  | 2314  | 2324  | 2334  | 2344 | 2354 |
| Forest Gate Green Street    | 0944 | 1759 | 1809 | 1828  | 1847 | 2307  | 2317  | 2327  | 2337  | 2347 | 2357 |
| Stratford Broadway          | 0951 | 1806 | 1816 | 1834  | 1853 | 2313  | 2326T | 2336T | 2346T | G    | G    |
| Bromley-by-Bow Station      | 0959 | 1814 | 1823 | 1842  | 1901 | 2321  | 2336T | 2346T | G     | G    | G    |
| Limehouse Londoner          | 1006 | 1821 | 1830 | 1849  | 1908 | 2328  |       |       |       |      |      |

### Sundays (and National Public Holidays)

|                             |       |      |      |      |      |      |      |      |      |      |      |      |
|-----------------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| Romford Station             | 0703  | 0725 | 0747 | 0807 | 0827 | 0847 | 0907 | 0923 | 2238 | 2251 | 2304 | 2318 |
| Romford Market              | 0705  | 0727 | 0749 | 0809 | 0829 | 0849 | 0909 | 0925 | 2240 | 2253 | 2306 | 2320 |
| Chadwell Heath Coopers Arms | 0715  | 0737 | 0759 | 0819 | 0839 | 0859 | 0919 | 0935 | 2250 | 2303 | 2316 | 2330 |
| Seven Kings Garage          | 0619  | 0633 | 0647 | 0701 | 0717 | 0733 | 0753 | 0805 | 2256 | 2309 | 2322 | 2336 |
| Ilford Broadway             | 0626  | 0640 | 0654 | 0708 | 0724 | 0740 | 0760 | 0772 | 2303 | 2316 | 2329 | 2343 |
| Manor Park Broadway         | 0631  | 0645 | 0659 | 0713 | 0729 | 0745 | 0765 | 0777 | 2308 | 2321 | 2334 | 2348 |
| Forest Gate Green Street    | 0634  | 0648 | 0702 | 0716 | 0732 | 0748 | 0768 | 0780 | 2317 | 2330 | 2343 | 2357 |
| Stratford Broadway          | 0640  | 0654 | 0708 | 0722 | 0738 | 0754 | 0774 | 0786 | 2324 | 2337 | 2350 | 2404 |
| Bromley-by-Bow Station      | 0647  | 0701 | 0715 | 0729 | 0745 | 0761 | 0781 | 0793 | 2331 | 2344 | 2357 | 2411 |
| Limehouse Londoner          | 0654  | 0708 | 0722 | 0736 | 0752 | 0808 | 0828 | 0840 | 2338 | 2351 | 2404 | 2418 |
| Romford Station             | 2335  | 2352 | 0002 | 0026 |      |      |      |      |      |      |      |      |
| Romford Market              | 2337  | 2354 | 0004 | 0028 |      |      |      |      |      |      |      |      |
| Chadwell Heath Coopers Arms | 2347  | 2356 | 0004 | 0014 | 0038 |      |      |      |      |      |      |      |
| Seven Kings Garage          | 2353  | 0002 | 0010 | 0020 | 0044 |      |      |      |      |      |      |      |
| Ilford Broadway             | 0002B |      |      |      |      |      |      |      |      |      |      |      |

B—Time at Ilford Station Bus Layet. G—Garage journey to Upton Park Boleyn.  
 T—Time at Stratford Bus Station. U—Garage journey from Upton Park Redcliff Rd.  
 S—Time at Bow Church. †—Time at Chadwell Heath Wangey Road.

This timetable is published as a guide to the general level of service and timings are in many cases approximate. Every effort is made to maintain the scheduled service but this may from time to time be impossible owing to circumstances beyond London Transport's control. At Christmas, New Year, Easter, May Day, and Spring and Summer holiday weekends, some services have special timetables and some do not run at all. See notices on buses.

London Transport, 55 Broadway, S.W.1  
 Telephone: 01-222 1234

382/01700/1230(105)



## Mondays to Fridays

Between Bow and Romford Station buses run every 7-10 minutes.

| Linehouse Londoner          | 0609 | 0621 | 0636 | 0651 | 0851 | 0905 | 0921 | 0936 |
|-----------------------------|------|------|------|------|------|------|------|------|
| Bromley-by-Bow Station      | 0618 | 0630 | 0645 | 0700 | 0900 | 0915 | 0930 | 0945 |
| Stratford Bus Station       | 0627 | 0639 | 0654 | 0709 | 0909 | 0924 | 0939 | 0954 |
| Forest Gate Green Street    | 0634 | 0646 | 0701 | 0716 | 0916 | 0931 | 0947 | 1002 |
| Manor Park Broadway         | 0637 | 0649 | 0704 | 0719 | 0919 | 0935 | 0951 | 1006 |
| Ilford Broadway             | 0643 | 0655 | 0710 | 0725 | 0925 | 0941 | 0957 | 1012 |
| Seven Kings Garage          | 0655 | 0707 | 0717 | 0732 | 0932 | 0948 | 1004 | 1019 |
| Chadwell Heath Coopers Arms | 0656 | 0708 | 0718 | 0733 | 0938 | 0954 | 1010 | 1025 |
| Romford Market              | 0657 | 0709 | 0719 | 0734 | 0949 | 1005 | 1021 | 1036 |
| Romford Station             | 0659 | 0707 | 0721 | 0736 | 0952 | 1008 | 1024 | 1039 |
| Linehouse Londoner          | 0952 | 1004 | 1019 | 1034 | 1239 | 1740 | 1755 | 1809 |
| Bromley-by-Bow Station      | 1001 | 1013 | 1018 | 1032 | 1048 | 1240 | 1255 | 1309 |
| Stratford Bus Station       | 1010 | 1022 | 1027 | 1041 | 1057 | 1249 | 1264 | 1279 |
| Forest Gate Green Street    | 1018 | 1030 | 1035 | 1049 | 1105 | 1259 | 1314 | 1329 |
| Manor Park Broadway         | 1022 | 1034 | 1039 | 1053 | 1109 | 1303 | 1318 | 1333 |
| Ilford Broadway             | 1028 | 1040 | 1045 | 1059 | 1115 | 1309 | 1324 | 1339 |
| Seven Kings Garage          | 1035 | 1047 | 1052 | 1106 | 1122 | 1315 | 1330 | 1345 |
| Chadwell Heath Coopers Arms | 1041 | 1053 | 1058 | 1112 | 1128 | 1321 | 1336 | 1351 |
| Romford Market              | 1052 | 1104 | 1109 | 1123 | 1139 | 1328 | 1343 | 1358 |
| Romford Station             | 1055 | 1107 | 1112 | 1126 | 1142 | 1331 | 1346 | 1361 |
| Linehouse Londoner          | 1842 | 1857 | 1912 | 2112 | 2133 | 2154 | 2214 | 2234 |
| Bromley-by-Bow Station      | 1851 | 1906 | 1921 | 2121 | 2142 | 2203 | 2223 | 2243 |
| Stratford Bus Station       | 1900 | 1915 | 1930 | 2130 | 2151 | 2212 | 2232 | 2252 |
| Forest Gate Green Street    | 1907 | 1922 | 1937 | 2137 | 2158 | 2219 | 2239 | 2259 |
| Manor Park Broadway         | 1910 | 1925 | 1940 | 2140 | 2201 | 2222 | 2242 | 2302 |
| Ilford Broadway             | 1916 | 1931 | 1946 | 2146 | 2207 | 2228 | 2248 | 2308 |
| Seven Kings Garage          | 1923 | 1938 | 1953 | 2153 | 2214 | 2235 | 2255 | 2315 |
| Chadwell Heath Coopers Arms | 1929 | 1944 | 1959 | 2159 | 2220 | 2241 | 2301 | 2321 |
| Romford Market              | 1940 | 1955 | 2010 | 2210 | 2231 | 2252 | 2312 | 2332 |
| Romford Station             | 1942 | 1957 | 2012 | 2212 | 2233 | 2254 | 2314 | 2334 |

## Saturdays

Between Stratford and Romford Station buses run every 5 minutes (10 before 0930 and evenings).

| Linehouse Londoner          | 0613 | 0633 | 0653 | 0713 | 0733 | 0753 | 0813 | 0833 | 0853 | 0913 |
|-----------------------------|------|------|------|------|------|------|------|------|------|------|
| Bromley-by-Bow Station      | 0622 | 0642 | 0702 | 0722 | 0742 | 0762 | 0782 | 0802 | 0822 | 0842 |
| Stratford Bus Station       | 0630 | 0650 | 0710 | 0730 | 0750 | 0810 | 0830 | 0850 | 0910 | 0930 |
| Forest Gate Green Street    | 0620 | 0640 | 0700 | 0720 | 0740 | 0760 | 0780 | 0800 | 0820 | 0840 |
| Manor Park Broadway         | 0623 | 0643 | 0703 | 0723 | 0743 | 0763 | 0783 | 0803 | 0823 | 0843 |
| Ilford Broadway             | 0629 | 0649 | 0709 | 0729 | 0749 | 0769 | 0789 | 0809 | 0829 | 0849 |
| Seven Kings Garage          | 0636 | 0656 | 0716 | 0736 | 0756 | 0776 | 0796 | 0816 | 0836 | 0856 |
| Chadwell Heath Coopers Arms | 0642 | 0662 | 0682 | 0702 | 0722 | 0742 | 0762 | 0782 | 0802 | 0822 |
| Romford Market              | 0653 | 0713 | 0733 | 0753 | 0813 | 0833 | 0853 | 0873 | 0893 | 0913 |
| Romford Station             | 0655 | 0715 | 0735 | 0755 | 0815 | 0835 | 0855 | 0875 | 0895 | 0915 |
| Linehouse Londoner          | 1728 | 1743 | 1758 | 1813 | 1828 | 1843 | 1858 | 1913 | 1928 | 1943 |
| Bromley-by-Bow Station      | 1737 | 1752 | 1807 | 1822 | 1837 | 1852 | 1907 | 1922 | 1937 | 1952 |
| Stratford Bus Station       | 1745 | 1800 | 1815 | 1830 | 1845 | 1860 | 1875 | 1890 | 1905 | 1920 |
| Forest Gate Green Street    | 1753 | 1808 | 1823 | 1838 | 1853 | 1908 | 1923 | 1938 | 1953 | 2008 |
| Manor Park Broadway         | 1756 | 1811 | 1826 | 1841 | 1856 | 1911 | 1926 | 1941 | 1956 | 2011 |
| Ilford Broadway             | 1802 | 1817 | 1832 | 1847 | 1862 | 1877 | 1892 | 1907 | 1922 | 1937 |
| Seven Kings Garage          | 1810 | 1825 | 1840 | 1855 | 1910 | 1925 | 1940 | 1955 | 2010 | 2025 |
| Chadwell Heath Coopers Arms | 1816 | 1831 | 1846 | 1861 | 1876 | 1891 | 1906 | 1921 | 1936 | 1951 |
| Romford Market              | 1827 | 1842 | 1857 | 1912 | 1927 | 1942 | 1957 | 2012 | 2027 | 2042 |
| Romford Station             | 1829 | 1844 | 1859 | 1914 | 1929 | 1944 | 1959 | 2014 | 2029 | 2044 |

## Sundays (and National Public Holidays)

| Linehouse Londoner          | 0742 | 0803 | 0823 | 0843 | 0903 | 0923 | 0943 | 1003 | 1023 | 1038 |
|-----------------------------|------|------|------|------|------|------|------|------|------|------|
| Bromley-by-Bow Station      | 0751 | 0811 | 0831 | 0851 | 0911 | 0931 | 0951 | 1011 | 1031 | 1046 |
| Stratford Bus Station       | 0758 | 0818 | 0838 | 0858 | 0918 | 0938 | 0958 | 1018 | 1038 | 1054 |
| Forest Gate Green Street    | 0707 | 0727 | 0747 | 0807 | 0827 | 0847 | 0907 | 0927 | 0947 | 1007 |
| Manor Park Broadway         | 0708 | 0728 | 0748 | 0808 | 0828 | 0848 | 0908 | 0928 | 0948 | 1008 |
| Ilford Broadway             | 0713 | 0733 | 0753 | 0813 | 0833 | 0853 | 0913 | 0933 | 0953 | 1013 |
| Seven Kings Garage          | 0628 | 0654 | 0720 | 0740 | 0800 | 0820 | 0840 | 0900 | 0920 | 0940 |
| Chadwell Heath Coopers Arms | 0634 | 0700 | 0726 | 0746 | 0806 | 0826 | 0846 | 0906 | 0926 | 0946 |
| Romford Market              | 0645 | 0711 | 0737 | 0757 | 0817 | 0837 | 0857 | 0917 | 0937 | 0957 |
| Romford Station             | 0647 | 0713 | 0739 | 0759 | 0819 | 0839 | 0859 | 0919 | 0939 | 0959 |
| Linehouse Londoner          | 1053 | 2253 | 2308 | 2321 | 2337 | 2353 | 2409 | 2425 | 2441 | 2457 |
| Bromley-by-Bow Station      | 1101 | 2301 | 2316 | 2329 | 2345 | 2361 | 2377 | 2393 | 2409 | 2425 |
| Stratford Bus Station       | 1109 | 2309 | 2324 | 2337 | 2353 | 2369 | 2385 | 2401 | 2417 | 2433 |
| Forest Gate Green Street    | 1116 | 2316 | 2331 | 2344 | 2360 | 2376 | 2392 | 2408 | 2424 | 2440 |
| Manor Park Broadway         | 1119 | 2319 | 2334 | 2347 | 2363 | 2379 | 2395 | 2411 | 2427 | 2443 |
| Ilford Broadway             | 1124 | 2324 | 2339 | 2352 | 2368 | 2384 | 2400 | 2416 | 2432 | 2448 |
| Seven Kings Garage          | 1131 | 2331 | 2346 | 2359 | 2375 | 2391 | 2407 | 2423 | 2439 | 2455 |
| Chadwell Heath Coopers Arms | 1137 | 2337 | 2352 | 2365 | 2381 | 2397 | 2413 | 2429 | 2445 | 2461 |
| Romford Market              | 1148 | 2348 | 2363 | 2376 | 2392 | 2408 | 2424 | 2440 | 2456 | 2472 |
| Romford Station             | 1150 | 2350 | 2365 | 2378 | 2394 | 2410 | 2426 | 2442 | 2458 | 2474 |

A—Time at Ilford Town Hall.

G—Garage journey to Upton Park Boileyn.

U—Garage journey to Upton Park Redcliffe Road.

†—Time at Chadwell Heath Wangey Road.

§—Time at Bow Church.